The effect of air taibo training on the physical and physiological efficiency of a boxing junior in the transitional period

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Research Introduction and Problem:

Research Introduction:

Boxing as one of the Olympic sports plays a prominent role in refining the souls of young and old, in terms of providing the opportunity to participate in a high-level competitive sport, which brings everyone physical and health benefits in terms of being an individual sport that needs its practitioners to prepare at a high level and continuous training. (3 :15)

Boxing is one of the sports activities that are characterized by speed and sudden change of different punching positions and high speed in organizing body positions, where movements, punches and various skills depend on lightning speed, accuracy and technical performance appropriate to changing and successive punching positions. (21 : 91)

Bill &Goefe Tancres (1987) point out in a study that boxing is one of the sports that requires a boxer to be at his highest physical condition and regulated training programs have a positive effect on these abilities. (44)

The American Council on Exercise also indicates that Tae will training has become widely used, as it was able to replace the stepping device and stationary bikes inside the gymnasiums for its easy performance and practice through video tapes, in addition to providing us with training doses of different intensities as well as a wonderful and multiple motor diversity that leads to improving muscular ability, flexibility and reaction speed and also improves balance and neuromuscular compatibility significantly. (49: 99)

The American Council for Sports Training (ACE) (1999), Billy Blanks (1999) and Ross (2000) agree that regular tae will training leads to raising the level of physical fitness by improving the elements of strength, flexibility, agility, balance, compatibility and speed of reaction, in addition to raising the physiological efficiency of practitioners and their sense of self-confidence and willpower. 49 :25)(43 :27) (46 :125)

Sami Hafez (1997), quoting Vivian Hayward, points out that "sports activities characterized by aerobic load are one of the best types of sports to develop physical efficiency and achieve multiple benefits on different body systems, especially the respiratory circulatory system, because the more activities that require more oxygen, the faster and more clearly these practices achieve the desired benefits with regard to the health and fitness of the various organs of man, thus increasing physical efficiency. (15: 24)

The prevailing belief until very recently that performance physical fitness (was known as physical fitness) has exaggerated its value in raising human health and work on the progress of productivity, health and physical.

In 1997, AAHPERD derived the American Society for Health, Education, and Recreation from the term health-related physical fitness (health-related fitness 0(41).

Mack points out that the athlete may be of a high level in some performance components that relate to physical fitness sometimes with a low level of health, despite the high level of strength or skill level or running speed of athletes compared to non-athletes, but it is not necessary that they be of a high level in other components of fitness associated with health, such as: Respiratory endurance and low fat thickness are both important measures of health-related fitness. (47)

William (1997) (51) and the American College of Sports Medicine (52) point out that the components of health-related fitness are five:

- **Cardiorespiratory Fitness** - **Body Composition**

Muscular Endurance - **Flexibility** -**Muscular Strength**

Proper planning is a necessary means to advance the level of the player's training condition, where the necessary procedures must first be identified to reach high sports levels, and thus these high levels are not the result of chance, but the result of overlapping factors that have been identified on sound scientific grounds (37:95).

Therefore, physical preparation is one of the main tasks of the coach, and knowing the correct scientific foundations of physical preparation becomes necessary for him, especially since physical and motor superiority extends its advantages and positive benefits to include the technical and tactical aspects of the player who is physically unfit, and without a doubt, high physical fitness gives the player self-confidence that contributes to raising the psychological readiness of the player.

In order for the physical preparation program to be successful and achieve its purposes, it must follow a coherent schedule in terms of content and area of focus at each stage of training and at the same time, the training program in its different time stages must take into account physiological facts of the human body in terms of how the body systems respond to the physical burdens imposed on them during training and physical activity, and these physiological facts of the human body are the ones on which the foundations and scientific principles in physical preparation are built for Raising the level of scientific knowledge of the coach in the field of boxing. (37 : 47)،46

Research problem: -

Through the **researcher's** access to many scientific studies in the sport of boxing, he found a lack of interest in the boxing player in the (transitional stage), as well as through his work in the field of boxing training for juniors, he noticed the neglect of coaches for this period of the training season, despite the fact that this stage is one of the episodes related to the subsequent season or one of the rungs of the ladder to climb to the top level and thus to the top and achieve achievements and the lack of any ring or its weakness or the absence of one of the rungs of the ladder or its weakness At the physical, functional and health level, it leads to not achieving the ultimate goal, which is to reach the high level, as junior

training is the broad base on which the training of higher levels is based, so it is necessary to develop an air program for this transitional stage to improve health fitness and away from traditional training, which may cause players to get bored and use Taibo training due to its modernity and the entry of the new sports season at a better level, which reduces the burden on the coach at the beginning of the sports season.

Research Objectives:

The research aims to: -

Designing a training program using Tae BO training and knowing its impact on the following health-related fitness elements:

The effect of the program on the respiratory endurance of the boxing youth.

The impact of the program on the flexibility of the boxing junior.

The effect of the program on muscular endurance for boxing youth.

The effect of the program on the muscular strength of the boxing junior.

The effect of the program on the (composition) of the body structure of the boxing startup.

Identify the rates of improvement in the variables under research in both the experimental and control groups.

Research hypotheses:

There are statistically significant differences between the pre- and post-measurements of the experimental group in the elements of health-related fitness in favor of the post-measurement.

There are statistically significant differences between the pre- and post-measurements of the control group in the elements of health-related fitness.

There are statistically significant differences between the two dimensional measures for both the experimental group and the control group in the elements of physical fitness associated with health and in favor of the experimental group.

The improvement rates vary between the pre- and post-measurements of both the experimental and control groups and the improvement rates exceed in favor of the experimental group in the research variables.

Research Definitions:

Lal Aller

"It is an aerobic training that includes a combination of boxing, kung fu, karate, taekwondo and aerobics movements performed in rhythm, agility and fluidity" (43:2) Annex (4)

Emerging Boxing*

A player between the ages of 16 and 15 years according to international boxing law, and has played the game for a minimum of two years. (Procedural definition)

Transition period transition (phase) period

It is a ring that connects two sessions characterized by positive comfort, ensuring that the boxer is relieved of the effort he has performed throughout the year while maintaining his training condition. **(30 :97)**

Fitness fitness

The American Federation of Health, Physical Education and Recreation (AAHPERD) defines the word fitness as follows: - It is that state that describes the degree to which an individual can perform a job. 1 : 20**)**

Fitness physical fitness

The American Federation of Medicine (BUT) defines fitness as follows:

It is the general ability to adapt and respond positively to physical exertion and the degree of physical fitness depends on the health status of the individual and his physical composition, including the various physical activities he does. **(1: 22)**

Research Plan and Procedures:

Research Methodology :

The researcher used the experimental approach with an experimental design for two groups, one experimental and the other one control applied to the proposed Taibo training program with a pre- and post-measurement system and the other applied to the Union program .

Research population and sample :

.1 Research Community :

- The research community was chosen in a deliberate way from the players of the Olympic Boxing Champion Project at the Stars Club in Sadat

- The researcher also conducted an exploratory study on a deliberate sample from within the research community and from outside the basic study sample of (10) ten players. In the Menoufia boxing area

Research sample :

- The researcher applied the research experiment on a sample of (5) players in the Olympic champion project in the Menoufia boxing area of the Egyptian Boxing Federation

Table No. (1)
Description of the basic and exploratory research sample

n=10

	Number	Variable	Arithmetic mean	Broker	Deviation to standard	Sprain
Growth rates						
Basic Experimental and control	**10**	**Weight**	**60.80**	**58**	**9.58**	**839.**
		Length	**170.40**	**171.50**	**6.095**	**104.-**
		Chronological age	**15.84**	**15.85**	**143.**	**319.-**
Recognition	**10**	**Weight**	**75.00**	**71.50**	**21.79**	**431.**
		Length	**177.20**	**175.50**	**6.562**	**1.113**
		Chronological age	**15.83**	**15.80**	**611.**	**243.**
The sample as a whole is basic and exploratory	**20**	**Weight**	**67.90**	**61.50**	**17.93**	**1.124**
		Length	**173.80**	**173**	**7.08**	**434.**
		Chronological age	**15.83**	**15.80**	**621.**	**056.**

Table No. (2)
Homogeneity of the basic research sample in the physical variables under research

n=10

M	Variables		Arithmetic mean	Broker	Deviation to standard	Sprain
1	Respiratory endurance		5.38	5.18	413.	1.675
2	Bearthe power		101.50	101.0	13.57	304.
3	Muscular strength		30.60	29	6.80	328.
4	Flexibility		7.40	6.50	4.67	386.
5	Body mass	The thickness of the skin folds of the triceps brachial muscle	7.50	5.50	3.06	536.
		The thickness of the skin folds below the plate bone	8.90	9	2.806	099.-
		The thickness of the skin folds of the leg	3.100	3	1.52	2.14
		Body mass as a whole	19.500	17	5.98	552.

Table (1-2) shows the arithmetic mean, median, standard deviation and torsion coefficient of the variables under research among the sample members, and the moderation of the data is clear, as the values of the torsion coefficient ranged between (±3), which gives a direct indication that the data are free of defects of non-moderate distributions.

Table No. (3)

Equivalence between experimental and control groups

n1 = n2 = 5

Variables		Experimental Group (n = 5)		Control Group (n = 5)		The value of Man Whitney	value With
		Average ranks	Total Ranks	Average ranks	Total Ranks		
Respiratory endurance		5.50	27.50	5.50	27.50	12.500	zero
Bearing force		5.20	26	5.80	29	11	313.-
Muscular strength		4.70	23.50	6.30	31.50	8.500	838.-
Flexibility		5.30	26.50	5.70	28.50	11.500	210.-
Body mass	The thickness of the skin folds of the triceps muscle	4.10	20.50	6.90	34.50	5.500	1.565-
	Below the board bone	4.70	23.50	6.30	31.50	8.500	849.-
	Leg	4.90	24.50	6.10	30.50	9.500	669.-
	Total	4.40	22	6.60	33	7	1.160-

Value (With) TableZ = Zero

Value (z) tabular = +&_ 1.96

It is clear from Table Nope. (3) that there are no statistically significant differences between the experimental and control research groups in the variables of physical fitness associated with health, which indicates the equivalence of the two groups in these variables.

Research Areas :

Human field :

The research was applied to (5) players born in 2004_ (16 years).

Time Range :

The proposed program was implemented for a period of two months from (16/3/2021) to (15/5/2021) with 4 training units per week

3.3.3 Spatial Domain :

The research was applied in the railway club in Tanta .

3.4 Data Collection Tools :

3.4.1 Expert Opinion Survey Form :

The researcher designed an expert opinion survey form after he made a reference survey of references, scientific theses and scientific journals, as well as access to the international information network to find out the elements of physical fitness associated with health and the most important tests that measure these elements (under research) as well as determine the time period for the implementation of the program as well as the number of training units and the time allocated to the units and the appropriate training method as well as the formation of the appropriate load and presented to the experts attached (2).

Tests and Metrics

.1Periodic respiratory endurance test attached (1).

2 Strength bearing test attached (1).

3 Muscle strength test attached (1).

.4 Flexibility test attached (1).

5 measures (body mass) thickness of skin folds attached (1).

hour off

Samsung Digital Camera

Scientific references

Hammer Speakers

Medical scale for weighing

Skinfold device to measure the thickness of the skin folds.

Grip Strength Measuring Device

Flexibility measurement box .

The proposed program using Taibo training:

Program Objectives

The training program in the transitional period aims to know the impact on the elements of physical fitness related to the health under research (respiratory cyclic endurance - muscular strength - strength endurance - flexibility - body composition)

Principles of Program Development:

In order for the training program using Taibo training to achieve a positive impact on the elements of physical fitness associated with health, it was necessary to develop this program on sound scientific foundations and principles:

- Attention
- Renewal of motivation
- Correct breathing
- Learn the rhythm of performance during training
- Counting aloud
- Developing a sense of balance
- Deepening the sense of the situation
- Focus
- Make sure you move within a full motion frame at all times
- Weakness training
- Transition from easy to hard

The researcher has used, in addition to the previous principles of **Taibo** training, the **principle of F.I.T.T. principle, which means the following:**

Flexibility	Muscular strength	Muscular endurance	Respiratory endurance	F.I.T.T PRINCIPLE
4 times a week	4 times a week	4 times a week	4 times a week	Frequency
Prolongations even pain	60-75%	Less than or equal to 60%	60-80%	Intensity
20-15 One minute	30-60 minutes	30-60 minutes	30-60 minutes	Time
Tae-Bo exercise (Annex 4)	Tae-Bo exercise (Annex 4)	Tae-Bo exercise (Annex 4)	Tae-Bo exercise (Annex 4)	Type

*** Iteration Frequency:**

It means the number of repetitions per week and most of the references and experts agreed that the minimum training 4 times and the maximum 6 times a week.

*** Intensity Intensity :**

Since the program that the researcher will use is an air program, all sources and references agreed that the intensity does not exceed 85% of the maximum heart rate and the researcher has used three degrees of pregnancy due to the nature of the Taibo exercises as well as the type of period in which the training program (transitional period) is:

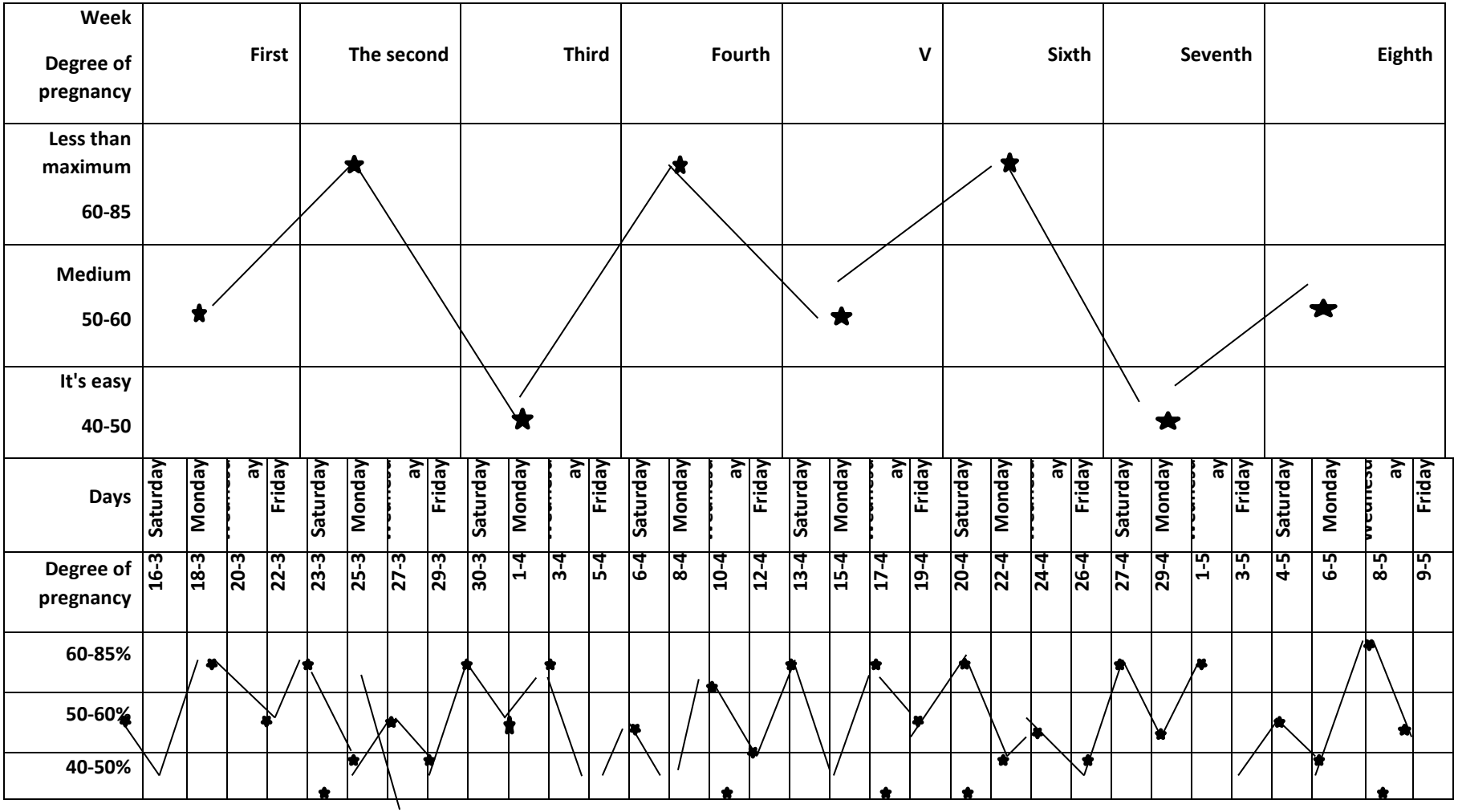
- 60-85% which is the maximum intensity
- 50-60% which is less than the maximum
- 40-50%, which is medium intensity

The researcher used the following equation to obtain the maximum pulse rate for the 16-year-old age

It is as follows :- MHR=220-Age

The following figure will show the general structure of the program as well as the time distribution of health-related fitness elements :

(7) General structure of the training program using Taibo training



Time distribution of the total content Proposed training program using Tae-Bo exercises

Week Time in minutes	First	The second	Third	Fourth	V	Sixth	Seventh	Eighth	Reviews
300BC							*	*	
260BC					*	*			
220BC			*	*					
180BC	*	*							
Warm	10×4 40M	10×4 40BC	10×4 40BC	10×4 40M	10×4 40M	10×4 40BC	10×4 40M	10×4 40M	
Main part	30×4 120M	30×4 120M	40×4 160M	40×4 160M	50×4 200M	50×4 200M	60×4 240M	60×4 240BC	
Calming down	5×4 20M	5×4 20BC	5×4 20BC	5×4 20M	5×4 20BC	5×4 20M	5×4 20BC	5×4 M20	
Total	180M	M180	220M	M220	260BC	260M	M300	300BC	
	Distribution Timeline Elements Fitness Physical Associated To health Who is it Part Home Who is it Program								
Respiratory endurance	30M	30M	40M	40M	50BC	50M	60BC	60M	
Strength Muscular	30M	30M	40M	40M	50M	50M	60M	60M	
Bearing force	M30	30M	M40	M40	M50	M50	M60	M60	
المرونة	M30	M30	40BC	40M	M50	50BC	60M	60BC	

The following is a sample of a daily training unit :

Unit Components	Tae-BO exercise number	Time	number Shape
Warm up الإحماء	Running in Place اطالات ثابتة	10 Minutes	
Part Home The main part	5-6-7-8-9-13-14-15-16-17-19-22-23-35-36 - 24-33-34-39-30-45-46-47-48-49-50-25-26-27 -32- 24-25-26-27-30-32-33-34-35-36-37-38-39-40-41 -4-15-30-35-36-37-38-39-40-41-42-43-44-45-46	30 One minute	1-2-3-3-4-5-6-7-8-9-10-11-12-14-15-16-17-18 44-43-35-40-22-21-23-24-25-27-26-31-32-29-30-37-35-40-34-26-25-15-14-23-24-22-21-17-18-46-47 11-8-9-23-24-17-18-22-21-46-47-48-52-51-54-55
Closing part The final part	Running Light in Place Lengthening Fixed	5 minutes	

Education Recognition :-

The survey was conducted from 12/3/2021 to 15/3/2021 with the aim of:

1 Account Transactions Scientific For Tests Used (Honesty- constancy) .

2 Assurance Who is it Validity Devices & Tools Used .

3 Insurance Who is it range Fit auditions and its occasion Damn Search .

4 Ensure the appropriateness of the proposed Taibo exercises for the sample under research .

Account Transactions Scientific For Tests Used (Honesty- constancy) .

Believe it auditions

It's done Account coefficient Honesty Using Believe it Differentiation and that Apply auditions on sample Number of them (10) Players Who is it society Search and out sample Search Basic then Account Indication Differences between The Collection Distinctive and the group Others Characteristic and applied auditions in Period Who is it 12-15 /3/2021 as he Shown in Table Next:-

Table No. (3)
Indication Differences between Groups Distinctive and others Characteristic To account Believe it auditions Physical restriction Search
n1=n2=5

Variables		Unit of measurement	Featured Collection (n = 5)		Unmarked (n = 5)		Mann Value Whitney	value Z	Average significance For both sides
			Average ranks	Total Ranks	Average ranks	Total Ranks			
Endurance League Respiratory		time	3	15	8	40	zero	2.611-	Slab
Bearing force		number	6.10	30.50	4.90	24.50	9.500	629.-	Slab
Muscular strength		medical history	7.80	39	3.20	16	1	2.402-	Slab
Flexibility		poison	4.70	23.50	6.30	31.50	8.500	838.-	Slab
Body mass	The thickness of the skin folds of the triceps muscle	From what	5	25	6	30	100	530.-	Slab
	Down Chipboard bone		5.60	28	5.40	27	12	-.105	Slab
	Leg		4.60	23	6.40	32	8	973.-	دال
	المجموع		5	25	6	30	10	525.-	Slab

Tabular value (z) at 05.= +&_1.96

It is clear from Table (3) that there are statistically significant differences between the distinctive group and the non-distinctive group in the physical variables under research in favor of the distinguished group, which indicates the sincerity of the tests in measuring what was developed to measure .

Stability of tests

The stability of the tests was calculated by applying the tests and re-applying them after three days in the period from 12-15/3/2021 as shown in the following table:

Correlation coefficients between the first and second applications in the physical variables under research

5=n

the exams		وحدة القياس	The first application		The scand application		coefficient Link
			م	ع	م	ع	
Endurance League Respiratory		time	5.21	1517.	5.21	.392	0.977
bear Strength		عدد	96.80	16.63	98.20	17.49	.996
Strength Muscular		kg	27.60	5.31	27.20	5.40	969.
Flexibility		poison	8	5.244	8.60	5.12	995.
body mass	The thickness of the skin folds of the triceps muscle	مم	6	1.732	5.80	2.38	967.
	Down bone lath		7.80	1.30	7.60	1.67	985.
	Leg		2.80	836.	2.40	547.	964.
	Total		16.60	2.30	15.80	3.34	960.

The tabular value of (t) is at the level of 50. =0.878

Refers table number (4) moan Deals Link between Degrees The two measurements ،The first And the second in Every other elements Fitness Physical cod Ranged between (960. 996.) Namely Deals Relationship function with level 0.05 from what Indicates on Stability This auditions.

3/6 Processors Statistics :-

in light Goals and assignments and size sample Search and In the aftermath of vision Processors Statistics For many Who is it Studies Previous It's done Select Methods Statistics Occasion To process Data Namely as follows :-

Arithmetic mean - standard deviation - torsion coefficients - correlation coefficient.

Presentation of results

table Number(8)

The significance of the differences between the two measurements Al , Qibli And the dimension For the experimental group in Tests under consideration

n=5

Variables		Unit of measurement	Average ranks		Total Ranks		value z
			Negative	Cationic	Negative	Cationic	
Endurance League Respiratory		time	3.00	00.	15.0	00.	2.032-
Bearing force		number	00.	3.00	00.	15.	2.023-
Muscular strength		medical history	00.	3.00	00.	15.00	2.032-
Flexibility		poison	00.	3.00	00.	15.00	-2.06
كتلة الجسم	The thickness of the skin folds of the triceps muscle	From what	3.00	.00	15.00	00.	2.041-
	Below the board bone		3.00	00.	15.00	00.	2.121-
	Leg		3.00	00.	15.00	0.00	2.236-
	Total		3.00	00.	15.00	00.	2.032-

at the level of (05.= +&_ 1.96z)value

It is clear from Table No. (8) that there are statistically significant differences in favor of dimensional measurements from tribal in the tests under research. This is illustrated in the following figure:

Table No. (9)

The significance of the differences between the two measurements Al , Qibli And the dimension For the group The officer in Tests under consideration

n=5

Variables		Unit of measurement	Average ranks		Total Ranks		value of
			Negative	Cationic	Negative	Cationic	
Endurance League Respiratory		time	00.	3.00	00.	15.00	2.023-
Bearing force		number	3.00	00.	15.00	00.	2.023-
Muscular strength		kg	3	00.	15.00	00.	2.041-
Flexibility		poison	3	00.	15.00	00.	2.070-
Body mass	The thickness of the skin folds of the triceps muscle	From what	00.	3.00	00.	15.00	2.041-
	Down Chipboard bone		00.	3.00	00.	15.00	-2.070
	الساM		00.	3.00	.00	15.00	-2.070
	المجموع		00.	3.00	00.	15.00	2.032-

at the level of (05.= +&_ 1.96z)value

It is clear from Table (9) that there are statistically significant differences in favor of dimensional measurements from tribal in the tests under research. This is illustrated in the following figure:

Table No. (10)
Significance of the differences between the two dimensional measurements of the experimental and control groups in Tests under consideration

n1=n2=5

Variables		Experimental Group (n = 5)		Control Group (n = 5)		Mann Value Whitney	value Z	Average significance of both ends
		Average ranks	Total Ranks	Average ranks	Total Ranks			
التحمل الدورى التnفسى		3.00	15.00	8.00	40.00	000.	2.619-	Slab
Bearing force		8.00	40.00	3.00	15.00	.00	2.611-	Slab
Muscular strength		8.00	40.00	3.00	15.00	000.	2.619-	Slab
Flexibility		6.80	34.00	4.20	21.00	6.000	1.362-	Slab
Body mass	The thickness of the skin folds of the triceps muscle	3.10	15.50	7.90	39.50	.500	2.530-	Slab
	Below the board bone	3.40	17.00	7.60	38.00	2.000	2.200-	Slab
	Leg	3.00	15.00	8.00	40.00	000.	2.660-	Slab
	Total	3.00	15.00	8.00	40.00	.000	2.619-	دال

function at level 05f = +&_ 1.96Z value
Value (Z) at the level of 05 = zero

It is clear from Table No. (10) that there are statistically significant differences between the two groups (experimental and control) in the two dimensional measurements in the tests under research in favor of the experimental group, and this is evident from the following figure: -

Table No. (11)

The improvement rate of the post-measurement of the experimental group and the control group in the M tests in the course of the researchn1=n2=5

Variables		the control group		sensitivity ratio	the control group		sensitivity ration
		after me	Next		Previous	after me	
cyclic endurance		5.3640	4.4740	16.59%	5.408	6.380	17.97%
Bearing force		100.2000	119.2000	18.96%	102.800	86.00	16.34%
Muscular strength		29.6000	46.200	56.08%	31.600	28.200	10.75%
Flexibility		7.200	10.200	41.66%	7.600	6.200	18.42%
Body mass	The thickness of the skin folds of the triceps muscle	6.200	4.200	32.25%	8.800	12.200	38.63%
	Below the board bone	8.200	6.00	26.82%	9.600	12.00	%25
	Leg	2.600	1.600	38.46%	3.600	5.200	44.44%
	Total thickness of skin folds	17.00	11.800	30.58%	22.00	29.400	33.36%

Illustrated Who is it table number (11) moan Proportion Improvement in Measurements Dimensionality Top Who is it Measurements Tribal in The Collection Experimental about The Collection The officer in Variables Physical Associated To health (restriction Search) where Ranged Proportion Improvement For the group Experimental I do not between (16.59% : 56.08%) in opportunity Ranged Proportion Improvement For the group The officer I do not between (10.75%: 33.36%).

discussion Results.

discussion Results of differences between the two measurements Al , Qibli And the dimension For the experimental group in Associated fitness items Health:-

Endurance League Respiratory

It is clear from Table No. (8) that there are statistically significant differences in favor of dimensional measurements for the tribal experimental group in the results of the respiratory periodic endurance test and the researcher believes that this indication is due to the training program using Taibo training, which lasted for two months, containing exercises involving large muscle work groups, which are aerobic exercises, where Ibrahim Ahmed Salama (28) indicates that the training method used to develop the cardioaerobic system in The nature of aerobic training and since aerobic training must include the work of large muscle groups in the body and must be characterized by rhythm and continuity and this is what the Taibo exercises achieve. p.102 The results of the present study are consistent with the results of the studies of Nima El-Sayed Mohamed (2007)(34).

4/2/1/2 Muscular endurance force bearing

Illustrated From Table No. (8) that there are statistically significant differences in favor of the dimensional measurements from the tribal for the experimental group in The results of the strength endurance test and the researcher believes that This The significance is due to the program Training Using exercises Taipo The researcher believes that this program Training It works to continue the excitation of a large number of motor units due to the multiplicity of muscle exercises for different parts of the body, as the more excitable number Large of units Kinetic and continuation This Excitability led to increased tolerance Strength .

The results of this study are consistent with both Basmat Muhammad Ali (2007)(9), where she confirms in her study that the Taibo exercises work to improve physical performance, as well as the study of Zainab Muhammad Al-Iskandarani (2003) (11), Sherine Ahmed Youssef (2004)(17), Nima Al-Sayed Muhammad (2007) (34), as well as Ghada Atef Sayed (2011) (26).

4/2/1/3 Muscular strength Muscular strength

Illustrated From Table No. (8) that there are statistically significant differences in favor of the dimensional measurements from the tribal for the experimental group in The results of the muscle strength test and the researcher believes that This Significance due to impact Positive For the program Training Using exercises Taipo And that's what Confirm Billy Blanx (1999) to that Training Taipo Improves the muscle strength of the necessary major muscle groups For performance (1:32) The results are consistent This Study with study by Rabab Attia Wahba (2009)(21) and Reda Abdel Salam Abdel Hamid (2008)(14) and Amanda Correr (2000) (42) also agree with the study of Ahmed Salama Saber et al. (2010)(38) that training on scientific bases in Transition period For him Significant effect on muscular strengthFind .

4/2/1/4 Flexibility Flexibility

Illustrated From Table No. (8) that there are statistically significant differences in favor of the dimensional measurements from the tribal for the experimental group in Test results Flexibility and sees Researcher that This Significance due to impact Positive For the program theTraining Using drills Taipo Because of its diversity of performance from different positions of the body as well as the involvement of all joints of the body in Exercise.

Agree This AgeAssa With Zainab Mohammed Alexandrian (2003)(11) and Alia Adel Shams (2004)23and Nema Elsayed Mohamed (2007)34) and Rabab Attia Wahba (2009)13)

4/2/1/5 Body mass Body Composition

Illustrated From Table No. (8) that there are statistically significant differences in favor of dimensional measurements from the tribalExperimental in Mass measurement results Body sees Researcher that This Significance due to impact Positive For the program Training Using drills Taipo Not only that, but also the nature of the energy system Antenna Followed in The program as the process of reducing grease in The body is subject to the equation of the body's energy balance yes Balance of energy consumed (by food) and energy expended by activity Physical.

Agrees That is with the study of both the grace of the master Muhammad(2007)(34As well as the study of Ayman Rashad Hafez (2008)(6)

4.2.2 Discussion of the results of the differences between the two measurements Al , Qibli And the dimension For the control group in Associated fitness items Health:-

Illustrated From Table No. (9) of the significance of the differences between the two measurements Al , Qibli And the dimension For the control group that there are statistically significant differences at the level of Spiritual 0.05 in Elements of fitness associated with health and in favor of measurement Al , Qibli The researcher attributes This Differences to the program Training Followed by the Federation (Traditional) and non-Planning good for the transition period, which led to a drop in the level in Variables with Note that This The differences were to a large degree, and the researcher attributed the reason for this to the lack of training in the program followed. which Investigate and help develop health-related fitness elements Agree This Results with the study of Reda Abdulsalam Mohammed (2008)14and Aisha Mohamed Abdel Fattah (2008)19) and Basmat Muhammad on (2007) (9) and through the previous presentation and analysis Scientific for the table (9) It is clear that the hypothesis has been fulfilled:

"There are statistically significant differences between the two measurements. Al , Qibli And the dimension For the control group in Health-related fitness elements "

4/2/2 Discussion Results of differences Between the two dimensional measurements of the experimental and control groups in Tests under research: -

It is clear from Table No. (10) concerning the significance of the differences between the two dimensional measurements of the experimental and control groups in Health-related fitness variables that there are differences in favor of measurement Dimension For the experimental group and the researcher returns This Indication of the impact of the program Training Suggested using exercises Taipo Pneumatic as this program is different from other programs in The degree of suspense and rhythm which It is compatible with the exercises different from all traditional programs and the program uses a set of exercises which Developed on scientific foundations Loads Regulated in terms of intensity, size and density in line with the transition period which she The basis for the start of the next season0

As both Muhammad Jaber Bariqa points out. Ihab Fawzi Al-Budaiwi (2004) (27) that non-traditional means allow more effective utilization of the functional potential of the athlete. Such as the use of various activities and sports to develop and develop the level of physical abilities 0

Agree This The results with the study of both Basmat Muhammad Ali (2007)(9) as well as the study of Salwa Sayed Moussa (2002) (16), Shereen Ahmed Yousef (2004) (17), Alia Adel Shams El-Din (2004) (23) in The exercises Taipo affect Aspects Physical0

4/2/2 Vary Ratios Improvement between Measurements Tribal and dimensionality For each Who is it Groups Experimental And the officer and excel Ratios Improvement In favor of The Collection Experimental in Variables Search .

Illustrated From Table No. (11) that the improvement rates in Post-measurements are higher than pre-measurements in Experimental group for the control group in Health-related physical variables (under research), where the percentage of improvement for the experimental group ranged between (16.59% : 56.08%) in When the percentage of improvement ranged for the control group ا Between (10.75%: 33.36%). The researcher

attributed the increase in the percentage of improvement for the experimental group for the control to the program Training Using drills Taipo Pneumatic under scientific foundations codified in terms of (intensity - size - density) where Yashir Muhammad Lotfi El-Sayed (2006)(28) that juniors must be trained in a diverse and variable manner that can avoid boredom, monotony and joint fatigue to prevent Injury As much as possible, the coach must bear in mind that the benefit of one exercise is very limited, and to get the best results, you must train with diversification and change the positions and angles of the player's body, and this is what is followed in the exercises Taipo Diverse and variable the¦Towards .

Conclusions:

in light Goals Search and imposed fulfill About Sample And the curriculum User And after Processors Statistics It's done Reached To Results The following :-

5/1/1 program Exercises Taipo (Antenna) Effect Effect Positive on elements Fitness Physical Associated To health The following

- Endurance League Respiratory
- Strength Muscular
- bear Strength
- Flexibility
- installation Body

There Differences function Statistically In favor of Measurements Dimensionality about Measurements Tribal For the group Experimental in all Variables Fitness Physical Associated To health .

Proportion Improvement in Measurements Dimensionality Top Who is it Measurements Tribal in The Collection Experimental about The Collection The officer in Variables Physical Associated To health restriction Search where Ranged Proportion Improvement For the group Experimental I do not between (16.59% : 56.08%) in opportunity Ranged Proportion Improvement For the group The officer I do not between (10.75% : 33.36%) .

arrangement Proportion Improvement in The Collection Experimental And the officer as follows :-

Variables Search	Percentage of improvement for the experimental group	Variables Search	Proportion Improvement For the group The officer
Strength Muscular	56.08 %	mass Body	33.36%
Flexibility	41.66 %	Flexibility	18.42%
mass Body	30.58%	Endurance League Respiratory	17.97%
bear Strength	18.96%	bear Strength	16.34%
Endurance League Respiratory	16.59%	Muscular strength	10.75%

5/2 Recommendations

in light Objectives Search and its procedures and sample Search And after Reached To Results Search Recommended Researcher Balati :-

5/2/1 Use of the program Training Designer in Period Transitional .

5/2/2 Planning Good For the period Transitional in programs Training .

refine Workers In the field Athlete and especially Trainers How to use and legalization programs Training Using Exercises Taipo Tae- Bo

use Exercises Taipo with Stages Sunni different and work Studies Compare Including and between Exercises Other .

Attention to aerobic activities in the transitional period, especially after the end of the training season.

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